



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Kuhlmeier, Max

Club: Alkersleben

Number: 177

Course: 10.00 km

10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 47:43

Speed: 12.57 km/h

Running performance: 4:46 min/km

Rank in course/Total: 24 (of 68)

Rank in course/Men: 22 (of 52)

Best time in course: 36:20

Rank in category: 1(of 3)

Best time in the category: 47:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:56	4:09	1	-	17	1:18	1.67	6:56	4:09	1	-	17	1:18
Lap 2	2.35	10:56	4:39	1	-	20	2:14	4.02	17:52	4:26	1	-	17	3:32
Lap 3	2.35	11:28	4:52	1	-	22	2:48	6.37	29:20	4:36	1	-	20	6:20
Lap 4	2.35	12:07	5:09	1	-	27	3:25	8.72	41:27	4:45	1	-	22	9:45
Last lap Finish	1.28	6:16	4:53	1	-	21	1:38	10.00	47:43	4:46	1	-	22	11:23